

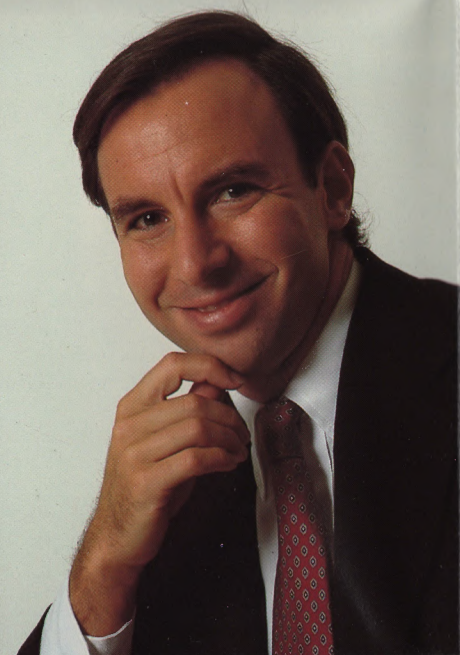


The Running Program™ is dedicated to Jim Fixx, the founder of modern running. The principles of running he believed in are as valid today as they were when he first wrote them. It is in this spirit that MECA and the Fixx family bring you this program.

Andrew Tobias:

I designed *Managing Your Money* to be everything I need. If I'd had it five years ago, I'd have saved myself endless hours and significantly sharpened my financial planning.

With this package, you control your finances. It's many programs in one, ingeniously integrated to let you do as much or as little as you want.



BASIC Building Blocks...

So easy to use, consumer testing shows most people don't even need the manual.

Here's what consumers say:

Fred Bedford

"I learned more in two hours with this program than with 10-12 hours reading a book."

Rick Bauer

"I liked the concept of being able to trace through your programs a step at a time."

Joanne Lord

"I didn't feel stupid using BASIC Building Blocks. I felt *no* pressure. I never thought I could run a computer all on my own, but I'm not afraid of computers anymore!"

Overall, consumers rated the product, "Excellent" and felt they really *learned* BASIC with BASIC Building Blocks.

**Micro
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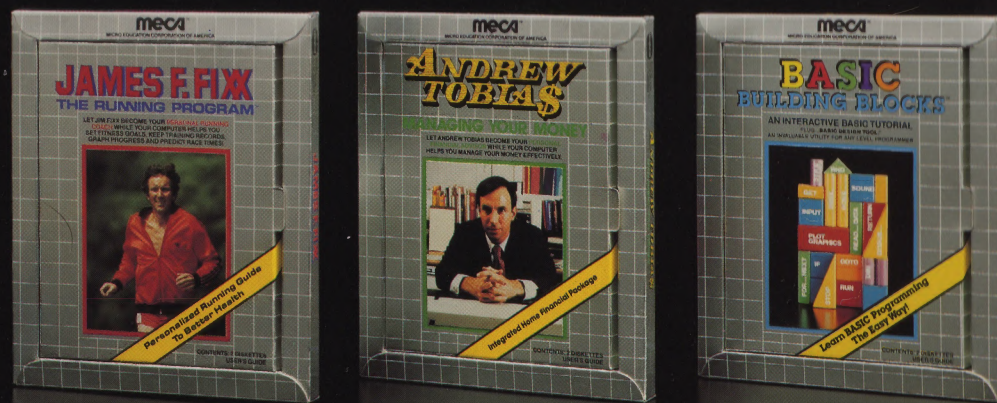
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**A Guide to
MECA's
Family of
Home
Applications
Software**

MECA creates innovative software which uses the full capability of the home computer to enrich daily living.

Our products are developed with extensive consumer testing to ensure that they meet *your* home needs.

MECA-
Software that makes your personal computer worth having.™



BASIC Building Blocks™ with BASIC Design Tool™

An interactive BASIC tutorial from MECA's family of home applications software.

BASIC Building Blocks is a simple-to-use, interactive BASIC programming tutorial which allows you to study actual programs as they execute. When you have completed the Tutorial, you will continue to use BASIC Design Tool for debugging your own programs.

For ages 12 to adult

Disk-Based Software for
IBM with 128K, Apple with 48K,
Atari with 48K.

Key Features of BASIC Building Blocks

- BASIC commands fully demonstrated, including disk access, sound and graphics.
- Over 60 sample programs executing to see how BASIC commands work, learn program structure and flow of control.
- Innovative program design for freedom of movement anywhere in the tutorial. This allows you to test sample programs at your own pace until you understand how the programs work.
- Actually encourages you to write and test your own programs.

Key Features of the BASIC Design Tool

- At variable speeds, "walk" through BASIC programs one line at a time to see them working and to find errors.
- Display the values of up to 16 variables at any time, watching them change as the program executes.
- Set breakpoints by line-number or variable.

James F. Fixx's The Running Program™

A personalized running guide to better health from MECA's family of home applications software.

When Jim Fixx was writing *The Complete Book of Running*, he found himself wanting to provide personalized training programs tailored specifically for each beginning, intermediate and expert runner.

The result was the design of this useful, comprehensive and unprecedented program for runners of every ability.

▼ Disk-Based Software for
IBM PC, XT, AT with 128K,
or PCjr with 256K.

The Running Program helps you:

- Evaluate your current fitness
- Set personal training goals
- Create a day-by-day training schedule for general fitness, a 10-kilometer race or even a marathon
- Keep records and graph achievement statistics for the whole family—swimming, cycling and other exercise records, too
- Print your training schedule and summaries of training, racing and nutritional records
- Track and evaluate your diet to aim for optimum weight and fitness
- Predict your probable race times and optimum competitive distance
- Warm up with six stretching exercises to help you minimize the chance of injuries

Andrew Tobias' Managing Your Money™

The integrated home financial package, from MECA's family of home applications software.

Andrew Tobias, best-selling author of *The Only Investment Guide You'll Ever Need* and *The Invisible Bankers*, designed this program to ingeniously integrate most financial programs you could ever need in the home.

It Does the Easy Stuff:

- Provides a complete checkbook and budget program
- Helps you with tax planning
- Tracks your net worth
- Serves as an all-purpose financial calculator
- Evaluates your family's life insurance
- Stores memos on an electronic calendar

It Does the Not So Easy Stuff:

- Allows you to record, code and analyze your investments
- Tallies realized and unrealized gains and losses
- Suggests optimal tax strategies
- Prints your SCHEDULE D
- Reminds you as investments are going long-term
- Calculates tax shelter and rental property internal rates of return

It Does the Hardest Stuff of All:

- Keeps it simple (You don't need to read the manual!)
- Keeps it fun
- Keeps it useful
- Integrates everything

▼ Disk-Based Software for IBM PC, XT, AT with 128K, or PCjr with 256K, and coming for 128K Apple II +, IIe, IIc.